

How to Keep Your Baby Healthy

By Charlotte C. West, M. D.

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Every Mother Should Study Dietetics.

The first three months of an infant's life is the most important period, and every mother should nurse her baby then, at least, for it is extremely difficult to find a substitute food that agrees with a babe of this age; again, if a babe is vigorous at three months it will have some stamina for the strain of teething. Sufficient emphasis cannot be placed on the fact that the food of a nursing mother is closely connected with that of her infant. The question is often asked, "What can I do to improve the quality and quantity of my milk?" Says Prof. Rotch, "For the average woman a plain mixed diet, with a moderate excess of fluids and proteins over what she is normally accustomed to, will, as a rule, give the best results." Foods that are light, digestible and readily assimilable make milk more effectively than large amounts of solids. It is better to eat six light meals daily than three heavy ones. Well cooked cereals, especially corn meal mush, with sugar and cream, milk soups, cooked vegetable purées, whole wheat bread with luscious butter, malt extracts when necessary, malted milk or chocolate at night, with meat once a day and some choice fruit or fruit juices every day, should form the basis of an ideal dietary for the nursing mother.

A dislike for certain foods may exist. If such foods form an essential part of a well balanced dietary it is a mother's duty to overcome her objections. No sensible woman should experience any difficulty in accomplishing this, especially when the health and vigor of her baby are at stake. Idiosyncrasies in this respect, when encouraged and emphasized, frequently are communicated to the child, either by direct inheritance, or later on by imitation, because children emulate the tastes and habits of their parents, particularly those of the mother.

I have so often explained that human milk is the ideal food for infants, possessing as it does the combined foodstuffs mentioned above in perfect proportions. The disturbances occurring during the first year of infant life, usually attributed to "teething," may often be traced to indiscretions in diet on the part of the mother. As one physician puts it: "We might prove disagreeable and troublesome at times to mothers and nurses, but would do more good to the suffering infants if we substituted for 'teething,' stomach and feeding."

Mother's milk does not always agree with her infant. It may be too rich if the child is exceedingly delicate; it may not be sufficiently nourishing if the little mother is herself but a child (as sometimes happens), or if she is frail, or if her breasts are

underdeveloped, or if her diet is defective.

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Leave It to Lou

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Score One for the Witness

SEE! - I'M ALL A-FLUTTER, LOU - I GOTTA APPEAR IN COURT FOR KILLIN' 'AT COW YESTERDAY IN 'TH' CAR - YOU GOTTA BE MY WITNESS!

HOW FAST WAS 'TH' DEFENDANT DRIVING WHEN YOUR AUTOMOBILE STRUCK 'TH' COW?

LET ME SEE

WHY, I THINK WE DONT WISH TO KNOW WHAT YOU THINK TO KNOW WHAT YOU KNOW!!

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THE CRICKET

BY MARJORIE BENTON COOKE.

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On Sunday, in the park. When the girls were entering church on that day Isabelle was taken with a violent fit of coughing and was left in the vestibule to quiet herself. She died to her trust. But she miscalculated the length of the sermon and met the school coming out, on the church steps. She was questioned, led home in disgrace. She was accused of truancy; she admitted it, even confessed her rendezvous in the park.

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Sealed Shrouds

By Joseph Gollomb

A Fascinating Detective Story of the Big Interests of Wall Street and a Girl Who Fights Them to a Finish.

From Griswold's room came no sound for a while. Then one of the big men came to the door. There was a frown of puzzlement on his face. "You're wanted in there, Mr. Brewster," he said. "I'll watch these people."

Brewster hurried to the next room. Not an object had been touched. The screen was as he had left it. But on the floor there was no body in sight. Nor was it anywhere else in the room. And the door near where it had been, only minutes before was locked as when he had tried it. The four men looked at each other incredulously.

This is only one of many mystifying situations in Mr. Gollomb's new novel. It is a gripping tale of how a girl fights a ring of Wall Street bankers and wins. But you can't guess the story until you read it.

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Original Dress Designs For the Smart Woman

By Mildred Lodewick

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This Model Is Adaptable for Both Morning and Afternoon.

THE spice that counts in any wardrobe is that of variety, and it is gained as much through materials as by designs. Dainty organdies, sport silks and linens, semi-transparent voiles in plain and printed patterns, and crepes in cotton or silken texture form an array of summer goods that is full of contrast. But how many women are there who neither appreciate the value of the assortment, nor trouble themselves to arrange their frocks with regard to it. Indeed most women depend entirely upon the designs of their frocks to achieve variety, but if they know what a help the fabric might be they would surely accustom themselves to employing as many different fabrics for their seasonal wardrobes as possible. I am showing a delightful model for cotton crepe or a silk and cotton mixture, in some pretty color such as lavender, delft blue or watermelon pink. The soft drapery quality of the fabric is especially pretty and suitable for the slim silhouette of the mode, but to lend it the refreshing atmosphere which summer frocks delight in, I have employed crisp white organdy. It is seen at the front as the narrowest of chemisettes, on to which the bodice is proudly buttoned, calling attention to an odd and interesting cut. Corresponding buttons and eyelets trim the three-quarter sleeves at the back where the narrow cuffs run into nothing. But these are not the only buttons which this frock affords—tiny organdy covered ones placed at the ends of rows of embroidery floss run in a hasting stitch form an easy and effective trimming. The skirt is brought into further relationship with the waist through the organdy cuff which finishes its edge. With a wide collar rolling away from the neck of the chemisette, and a wide sash of the organdy offering its crisp contrast to the skirt, this appealing frock is completed.

Fashion Editor Evening World.

I am eighteen years of age, and, having accepted a position for the summer, desire to make myself a practical dress of some green linen I have. Will you aid me with a pretty design? Have black hair, fair skin, gray eyes; weigh 117 pounds; 5 feet 1 inch tall. Miss J.

White organdy or voile hand trimming. White knob buttons. Self-color embroidery at belt will relieve plainness.

Fashion Editor Evening World.

Will you advise me how I can make up 3½ yards of flowered Georgette like sample? What other fabric would you suggest using with it? Would like the dress plain enough for ordinary occasions. Am thirty-nine years old, weigh 140 pounds, 5 feet 5 inches tall. Mrs. M. S. K.

Plain tan Georgette would be pretty to drape the skirt with and for collar and cuffs.

Fashion Editor Evening World.

Will you be kind enough to advise a reader of your fashion talks about how to develop an afternoon dress from 1½ yards of tan Georgette crepe? I have about 4 yards of lace binding 5 inches wide like sample which I thought could be used, but will do as you say. Am thirty years of age, brown eyes and hair and good color. Miss F. H.

Blue faille ribbon as trimming.

EASY ENOUGH.

FIRST FARMER—How do you find your new hired man, Harry? Second Farmer—T'look in the shade of the tree nearest his work. But-falls Express.

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The Housewife's Scrap-Book

NEVER throw away celery. What cannot be used on the table should be well washed, then thoroughly dried and tied up in a cloth bag. Keep it on the pantry shelf until sufficiently dry to be rubbed to a powder. Use it for flavoring stews, soups, meat loaf, etc.

Shrimp salad is a delicious hot-weather dish. For a change mix it with chopped olives and, of course, mayonnaise dressing.

More satisfactory results are obtained if, when cooking potatoes, you select all of one size. They will then cook equally and can be served in an appetizing condition.

Lettuce will keep fresh and crisp for a week or longer if kept in a perfectly clean milk pail and covered tightly. It is advisable to get a new pail and keep it just for this purpose.

When buying a broom press the edge against the floor. If the straw bristle out and bend do not purchase the broom. They should remain erect and firm. A heavy broom will give more thorough results in sweeping than a light one will.

If you mount the clothespin bag on a wooden coat hanger you can put it over the wash line and push it along as you need it.

Grease the edge of the berry pie with oleomargarine and the juice will not run over the edge.

The empty spoons will come in handy if you are going where there are only nails to hang your clothing on. Dip the spoons over the nail and the garment will have a good support.

A good dishcloth is made from mosquito netting. Take a quarter yard and fold it to desired size, then stitch it with the machine or tack it the same way that a comfortable is made.

If you keep the doors and windows closed while filling the preserving jars you will cut off the draft and thus minimize the danger of breakage.

Fruit stains will disappear if you rub a layer of salt on the stain as soon as made and pour boiling water through it from a height.

If you have trouble in getting the jelly firm add a pinch of alum. This will make it hard.

Lettuce and cucumbers are good

Use This Detachable Handle to Protect Your Grip.

In order to make it at least very awkward for a thief to steal a bag, Mr. A. C. Aagbore of Indiana has invented a detachable handle, says Popular Science Monthly. This can be fitted to both new and old bags and valises. It is merely a pair of sockets into which the removable handle-piece fits and from which it is removable by pressing a button.

The handles being non-interchangeable, theft by fitting another handle is not possible. The thief would have to carry the bag under his arm.